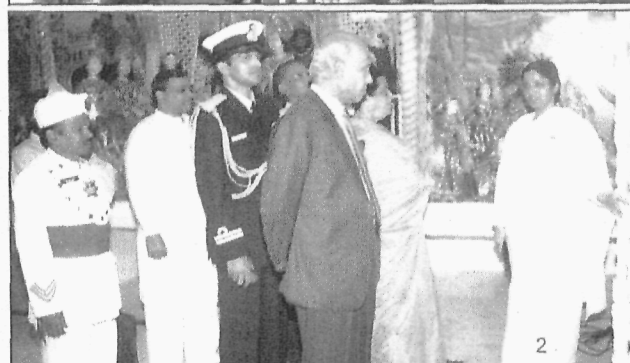


# The World Renewal

Volume 34, Number 8, February, 2004, Monthly



**Bhopal:** Inaugurating the conference 'Compassion and Co-operation' are (L-R) Rajyogini Dadi Hriday Mohini, Rajyogini Dadi Prakashmani, B.K. Sis. Munni, B.K. Nirwair, Sis. Vibha Patel, Mayor and B.K. Brij Mohan, Editor, 'Purity'. **(Below):** A view of the mammoth gathering enthusiastically waving Shiv Baba's flags.



1. **Shantivan:** Rajyogini Dadi Prakashmani, flanked by B.K. Sis. Munni and Rajyogini Dadi Shantamani, distributing blankets to the labourers in the Shantivan Complex. 2. **Bhubaneswar:** B.K. Sis Leena seen explaining the pictographs to the Orissa Governor, H.E. M.M. Rajenderan. 3. **Dhaka (Bangladesh):** B.K. Dr. Girish Patel being presented a memento on behalf of National Diabetes Institution of Bangladesh after his spiritual speech. 4. **Kurnool:** Bro. Chandra Babu Naidu, Chief Minister, Andhra Pradesh, being presented a Godly gift by B.K. Sis. Rani. 5. **Anantpur:** Inaugurating a spiritual programme are judges of Hyderabad High Court, Justice V. Ishwariya, Justice Chander Kumar, Bro. B.C. Obulesappa, B.K. Sis. Vijay and B.K. Sis. Lata. 6. **St. Petersburg:** At a musical programme 'Harmonious Relations' (from L-R) are B.K. Sis. Sudha, B.K. Sis. Santosh, Father Roman, Rajyogini Dadi Ratan Mohini and Sis. Chakradhari. 7. **Gandhi Nagar:** Minister Bro. Ashok Bhai Bhatt alongwith B.K. Sis. Usha, B.K. Kailash and others inaugurating the programme 'Development of Internal Powers Through Rajyoga'.

# Godly Service Reports

Compiled by **B.K. R.S. Bhatnagar, Shantivan,**  
**B.K. Ranjit Fuliya, New Delhi**

## Shantivan

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, World Headquarter, Mount Abu organized a Conference on "New Knowledge For A New Society" from 6<sup>th</sup> to 9<sup>th</sup> February, 2004. The Conference was inaugurated in the Conference Hall of Shantivan complex, Abu Road on 7<sup>th</sup> Feb. 2004 by Hon'ble Justice Rangnath Mishra, former Chief Justice of India, New Delhi. Over thousand delegates drawn from all walks of life attended the Conference.

Justice Mishra stressed the importance of smile and advised that one should gladly face the problems of life. Smile and positive attitude remove all misunderstanding so one should take a pledge to always keep smiling, he further emphasized. Lauding the efforts of Brahma Kumaris organization in establishing peace and harmony in the world, he said that the knowledge being disseminated by the BKs is unique, to be found nowhere else in the world and it would certainly establish a new society.

## BHAVNAGAR

### Mind Power in Medical Profession

"Earlier it was believed that we are using 10% of our mind power. But recent researches have revealed that we are hardly using 1% of our mind power" Dr. B.K. Girish Patel, noted psychotherapist of Mumbai informed in a Symposium organized for the senior doctors of Bhavnagar. He discussed ten steps for harnessing one's mind power. Dr. Patel also addressed the IMA and discussed benefits of meditation at Rotary Club of Palitana.

(Contd. on page ... 30)

## COMING HEALTH EVENTS

### KNEE & HIP JOINT REPLACEMENT PROGRAMME

From 22nd to 26th March 2004 in Global Hospital & Research Centre, Mount Abu. Operation by Dr. Marcus Froling from Germany. For Details please contact: Ph. No. 02974-238347 to 238349

## CONTENTS

▶ Godly Service Report ...	1
▶ Silence-the Best Nourishment (Editorial) .	2
▶ The Role of Attitude in life .....	5
▶ Maha Shivratri .....	8
▶ My Hero .....	9
▶ History Repeats? .....	10
▶ Questions you Ask Answers we give .....	12
▶ The Descent .....	14
▶ My Baba Sweet Baba ....	14
▶ The Distinct Spiritual University at Mount Abu .....	15
▶ Nature, Science and God .....	18
▶ LOVE - The Most Precious Gift .....	20
▶ Conscience: The Greatest Guide .....	21
▶ A Friend Indeed .....	22
▶ Values Work Wonders ..	23
▶ I Have A Dream .....	25
▶ Eternal World Drama ...	26
▶ Rebuilding our Consciousness .....	29

## Rates of Subscription for The World Renewal

	INDIA	FOREIGN
Annual	60/-	550/-
Subscriptions payable through Money Order or Demand Draft (In the name of "The World Renewal") may be sent to: The World Renewal, Gyanamrit Bhawan, Shantivan-307510, Abu Road, Rajasthan, INDIA		

# SILENCE – THE BEST NOURISHMENT

The most comforting and rejuvenating moments are mostly experienced in deep, deep silence. Even the physically and emotionally ailing persons recover the fastest when complete silence is observed under medical treatment. For the seekers of truth and inner peace, the observance of silence helps uncover the deep layers of one's persona in motivational contemplation. Deeper the inner silence, higher is the experience of self-realisation. The power of silence developed in soul-consciousness and intense feelings of togetherness with the Supreme Being, enable us to visualize God's *virat swaroop* (complete, magnificent form) in a stage of release. A self-realised person is thus able to encompass the beauty of Truth (*Satyam*). It is an experience of going beyond and multiplying one's individual power to the highest capacity, so that one may spread rays of spiritual light and might and help others on a subtle, serene, and spiritual level. This is the highest form of service to the

otherwise ignorant, egoistic human souls who silently suffer all the time. The unlimited, caring Father of all souls ordains us to take stock of the present situation at this hour of Kaliyuga, and prepares us to develop our own inner strength. This will not only help conquer our own weaknesses and negativities but multiply our positive powers to the extent that we become spiritual light-houses and might-houses, capable of providing spiritual guidance to our beloved spiritual sisters and brothers all over the globe.

On 2<sup>nd</sup> February 2004 evening, the Almighty Himself reminded us very powerfully that we are the worship-worthy ancestors of the global human family. **Avyakt Bap Dada** (as we lovingly know Him) emphasized the need to bestow spiritual sustenance to every soul, symbolically represented by every leaf on the entire human *kalpa* tree. He further stressed that by doing this, we would bring peace and solace to everyone and earn their thankful blessings. Thus spake **Avyakt**

**Bap Dada** to hundreds of thousands,

"Each child is an ancestor soul as well as a worship-worthy soul, which is why you are both – the roots of the human *kalpa* tree and the trunk. The trunk has an automatic connection with the branches, twigs, and leaves of the entire tree. No matter which religion souls of the world belong to, as the tree trunk you ancestors are the support of the tree. What is the task of ancestors? It is the ancestors' duty to give sustenance to everyone. According to the present time, there is the need to sustain souls of the world through spiritual powers. The waves of peacelessness and sorrow have spread amongst all souls. Do you have mercy for them? Do you consider yourselves to be instruments for this special service? Souls of the world need your powerful, loving vibrations. Whenever you meet anyone, look at them with the vision that this soul (from any religion) belongs to me, he or she is my family. If you maintain this intoxication of being an ancestor, and meet others with this awareness, attitude and vision, they too will experience the feeling of belongingness. According to the present circumstances in the world, Bap Dada wishes to see all the

children constantly busy in this unlimited service.”

The Supreme teacher, **Avyakt Bap Dada**, summarized the entire message in a few lines, as under:

“To the world’s worship-worthy ancestor souls in all four directions, to the great donor souls who are constant bestowers and give blessings to all, to those who transform the world through the determined thought of self-transformation, to those who are light-houses and give light to all souls, to those who remain near, Bap Dada’s love, remembrances, and *namaste* with blessings from the heart. May you become the most powerful instruments, as bestowers of spiritual light, might, love, peace, power and happiness!”

One’s own true nature of peace can be experienced wholly in the beautiful lap of nature. How sweet are the feelings that bud in our hearts when we observe ourselves consciously and positively; a fountain of poetry begins to dance in our hearts and the song celestial emerges from the mouth, without any prompting. Observing the scenes of hills, rivers, vegetation, and flowers, our own nature begins to blossom. Our minds become infinitely serene, light, and

comfortable. The heart gets immersed in an unlimited bounty of rich, loving feelings, and wishes only to shower and share the treasures of sweetness and bliss with everyone. One’s nearness to the Supreme Being is automatically realized and becomes a most precious experience. These inspirations compel us to create environments where these treasures can be shared with our sisters and brothers of every religion, from around the globe. Such inspirations and a bit of organizational work bring forth cherished gatherings, like the recent Get-together-cum-Dialogue on “*The Role of Royal Families in the Spiritual and Cultural Renaissance of India*”, held from 30<sup>th</sup> January – 2<sup>nd</sup> February 2004 in Shantivan (Abu Road) and Gyan Sarovar (Mt. Abu), or the Conference on “*New Knowledge for a New Society*”, held from 6<sup>th</sup>-9<sup>th</sup> February 2004 in Shantivan. These occasions allow us to enrich ourselves with the highest understanding from our beloved Dadis’ unlimited treasure-store of Spiritual Wisdom and Raja Yoga Meditation experiences. Additionally, we fill our aprons with practical knowledge and

experiences of distinguished personalities from various professional backgrounds. Some of the topics focused on during these events include:

**1) Restoration of Spiritual Values through Divine Wisdom & Inspirations from History.**

**2) Attitudes & Inspirational Leadership for a Bright Future.**

**3) God’s Plan for Our Future World.**

**4) Your Vision for a New Society.**

**5) Integrating God’s Wisdom for Professional Excellence.**

The Royal Get-together was an intimate congregation of members hailing from over 35 of Bharat’s royal families. As much as we were honoured to be hosting such a special event, the royalty too were pleased to be in the midst of the Brahma Kumaris’ global spiritual family. It was heart-warming to see the young generation of Princes actively participating in the discussions and offering their total support in the task of world-transformation.

As per the concept and theme of the Conference at Shantivan, the august participation by around 1000 participants, from all over India, Nepal, Australia, and few other

countries, was representative of experienced and prominent individuals in high positions, from 17 segments of society:

**1. Education, 2. Youth, 3. Sports, 4. Media, 5. Politics, 6. Jurists, 7. Security, 8. Administration, 9. Scientists & Engineers 10. Medical 11. Rural, 12. Religion, 13. Business & Industry 14. Transport, 15. Social, 16. Women, 17. Culture,**

The participants' spirit of positivity at the Sessions was

very high and continued to multiply as they heard more and more of the inspiring, love-filled words of Revered Dadi Prakash Mani, Dadi Janki, Dadi Hriday Mohini, Hon. Justice Rangnath Mishra (Former Chief Justice of India) and other VIPs. The Conference has definitely become a source of new awakening as everyone has responded positively to the call of self-transformation for world-transformation, shared by Dadiji in the inaugural sessions.

Many of the specially invited guests shared their views and

enriched the wisdom of the invitees. All, without exception, were inspired to learn, practise, and divinise their way of thinking and combining their respective worldly duties with service of the human family. The audience was motivated and enthusiastic; the overall ambience was filled with hope and will definitely be a harbinger to a brilliant future for society at large.

We look forward to welcoming the golden dawn of the world!

- B.K. Nirwair

## ANGELS

An angel absorbs all God's powers and virtues in her life, so that none of her own old characteristics are visible. All her activities are praise-worthy. Her character is very pleasant and no one ever has any fear in approaching an angel. Her mind is always peaceful and light.

An angel is beyond the attraction of the physical world and material objects. Her eyes never lower to look at anything. Nor is she attracted to bodily beings for love and happiness. She is the embodiment of contentment. There is nothing lacking in the life of an angel. An angel is very majestic/dignified and royal. She is always loyal to God and His work. She is co-operative in all God's task and is ever ready to perform any task, no matter how menial or small.

An angel makes everyone happy. She never gives sorrow to anyone through her mind, words, action or attitude. She is light and very sweet natured. She is an embodiment of sweetness; there is no malice, hatred, vicious thoughts or bad or bitter feelings in her heart for anyone. There is lightness in everything she does; her every movement is graceful.

An angel radiates light all around and creates the atmosphere wherever she goes and this is why everyone is attracted towards an angel. She always inspires others to become good and to do good. She is very understanding, supportive and sympathetic towards everyone. An angel is the embodiment of solutions and is never a problem to anyone. She is like a stick for the blind. Her heart is full of mercy and compassion.

# THE ROLE OF ATTITUDE IN LIFE

—B. K. Surendran,  
Bangalore

There is a popular saying: 'attitude creates altitude'. We are daily faced with people of different attitudes from all walks of life. The attitude is a reflection of the inner life of an individual. We often hear that a particular person's attitude is poor and a certain person's attitude has changed these days and so on. A poor attitude causes failure, depression, anger, poor relationship etc. Since birth, we have been forming our attitudes based on the information we gather from our friends, relations, teachers, religious preachers, leaders and so on. Generally our attitudes are formed by our previously recorded opinions about the world. Each one of us creates our own master script of life based on the experiences we collect over the years. The world has been reeling under negativity of all sorts. **We gradually form a negative attitude in our lives as we grow, which could be triggered by a word, a scene, even a scant happening, tone of voice**

or behaviour of someone.

When we look at our own lives, although attitudes are seen as responses of a person to the outside world, they are seeded in our thoughts, feelings and emotions. If our inner beliefs are against our external situations, we react in a negative manner. Anything that is outside or different from our inner comfort zone, will be rejected. Our conscious mind and subconscious mind are incessantly engaged in registering life experiences gained on a moment to moment basis. These experiences stored in the subconscious mind influence the thinking process and the response mechanism when faced with a situation. Attitudes often shift from positive to negative, or negative to positive; they can be indifferent attitudes, unwanted attitudes, distasteful attitudes and so on. The *smriti* (awareness) influences the *vritti* (attitude) on a moment-to-moment basis. How we think is seen through how we act. **Attitudes are mirrors of the mind. They reflect our**

thinking. We can read attitudes through expressions, voice tones and inflection and body language. It is very true that as is the *smriti*, the awareness or the consciousness at a particular point of time, so is the *sthiti*, the state of existence, the state of mind. As is the *sthiti* so the *samarthi*, the strength. As is the *samarthi* so is the *vritti* the attitude. As is the *vritti* so the *drishti* — the vision. And as the *drishti*, so the *srishti*, the world around us. **Therefore, *smriti* is the key.** Attitudes and Actions assumed and engaged in by an individual over the years of life have the records of negativity or positivity. The *smriti* can unlock negative thinking, which then influences us. Again, as is the *smriti*, *sthiti-samarthi*, so is the *gati*, the course, the motion of life, and the manner of activity. When our attitude is right, our abilities reach a maximum of effectiveness and good results inevitably follow.

When we go deeper, it is seen that a person's feelings act like a 'filter' that supports or justifies feelings. The filter allows materials that agree with the perceiver's mood and casts aside information that it does not agree with. We store information in the memory based on our feelings. When

we are thinking positive and are in a happy, confident frame of mind, we can access all of our successful experiences and positive records. Our attitude is found to be a combination of our thoughts, feelings and actions. Our attitude is our manifestation to the world what we really are, regardless of what we say. Our life is merely a reflection of our attitude. In fact, our environment is what we fashion out of our beliefs, thoughts, ideas, philosophy and practices. We are what we are and where we are because of what has gone into our mind. We can change what we are and where we are by changing what goes on in our mind.

### **MIND YOUR ATTITUDE**

As *smriti* has an important role in maintaining attitude, our existing negative *smritis* force us to have negative attitudes and their impressions overtake the *smritis* and stay on. Habits interfere our activities very often. Aeroplane have a unique instrument in the cockpit. It has a fluorescent red pair of wings floating over a black background, with a white grid representing the ground level and a blue the sky. It measures the altitude of the plane. The altitude is the relationship of the plane to the ground, not how high it is. It shows whether the

plane dips its left wing or its right wing or stays level. This becomes an excellent way to define one's personal attitude, and our relationship to something or someone. The altitude of the plane is very important because if one wing is slightly down, a pilot could take the plane in a slow downward spiral, and possibly crash. We must be aware that a negative attitude, however slight, can unknowingly cause us to spiral down and crash and burn our greatest hopes. Opportunities come to us disguised as problems. An eagle is an excellent example of how to face the storms that blow into our lives from time to time. The eagle is a symbol of freedom and power. It understands when the storm is coming and begins to fly directly into its eyes. It sets its wings to catch the air currents, which carry it to an altitude above the storm. It then simply waits for the storm to calm down. We too can meet challenges head on and soar above them like an eagle. We can experience the same freedom and power of the eagle. Our attitude will determine our altitude just as it does for an eagle.

### **HAVE BALANCE**

We must have a balanced attitude in life. We can be

positive without being balanced, but we cannot be balanced without being positive. Positive thoughts are the seeds of positive attitudes and positive attitudes are the seeds of positive results. It is said that we will be renewed by renewing our mind. The thoughts we allow our mind to dwell on determine the way we feel, which is ultimately reflected in our actions. Unless we choose our own thoughts, we end up following the thoughts of others. We are the product of our own thoughts. Thinking from our heart is different from thinking with our head. Thinking from our head is knowledge, but thinking from our heart stems from wisdom, conviction, our inner voice and inner drive.

Positive Mental Attitude is the ground on which we have to build a balanced attitude. A balanced life attitude will take us to excellence in every sphere of our life. It strikes a balance between being confident without arrogance, having faith in oneself without losing faith in the Almighty, being powerful without being proud, being humble without losing self-esteem, being wealthy without being greedy, being lawful without losing love, being busy without losing easiness and so on.

---

## SELF-ESTEEM

High self-esteem is the pedestal on which Positive Mental Attitude(PMA) should be built. We should assess and revise our self-worth often to keep on the PMA alive at all times. It will energise our sub-conscious mind. "I have a creative mind and healthy body, my creator is kind who supplies all my needs, I have an abundant, happy, and successful life, I forgive all the people in my life who have transgressed against me at any time, in any way, for any reason. I must be a blessing to everyone I meet. I will, with the blessings of the Lord, always be a blessing to others. I thank the Lord for all the wonderful things and for the personal relationship I have with Him. I am blessed with innumerable well-wishers. The company is so strong that nothing can disturb my peace of mind. I will always make those whom I meet feel great and important. I will look at the sunny side of everything and develop my optimism. I will think of the best, work only for the best and expect only the best. I will be as enthusiastic about the success of others as I am of my own. I will forget the mistakes of others. I will give so much time to self-improvement that I have no time to criticise others.

I will fly towards the sky to be in the sweet silence of the Almighty Lord, be in His presence to stabilise myself in the supreme attitude, altitude and aptitude.

## POSITIVE ATTITUDE TONERS AND TUNERS

☞ Call people by their names respectfully and spell names correctly.

☞ Be active and enthusiastic. Whatever we undertake to do, do it with lot of interest, enthusiasm and love. For whatever good deed we undertake, will be helpful to many others.

☞ Evince interest in the areas you have no interest. Everything is beautiful, important and possible in this world. When we dig deeper, we realise that the treasures of knowledge are rooted in the inner portals. Knowledge is source of income and power. Fill up and replenish life into everything we do. Fill up lot of life and true charm in our smile, smile with our eyes and heart. Our life should infect others with inspiration and drive. Fill up lot of life into our "thank you". Let others know that we care for them. Let lot of life fill into our talks with others.

☞ Let us always spread pleasant news, happy news and

good news. Spread pleasant things in life. Let people come together and live together in amity and brotherhood.

☞ Let us make others feel important, great and valuable. Let them know that they are unique creatures on earth, without them the world is incomplete.

☞ Appreciate others unconditionally for little things they do for us.

☞ Share glory and achievements with the team of people we are with. Praise their efforts sincerely and honestly and increase their enthusiasm.

☞ Give sincere attention to others, take interest in their needs, sympathise with them in constructive ways.

First serve others without expectation. By serving we contribute incessantly for the betterment of people and in turn, the world.

☞ Love and cooperation are the essence of humanity. Spread this fragrance and make people know that we all belong to the great family of God

Praise the Lord for all the blessings He has bestowed on us. Spread His love for humanity. Spread the message of His name, fame and glory. Tell the world to take asylum in God's Lap, the safest abode. ●

# MAHA SHIVRATRI

THE FESTIVAL COMMON TO ALL RELIGIONS AND BASIS  
OF RELIGIOUS HARMONY

– Dr. B.K. Jayadeba Sahoo,  
Lecturer, Arunachal  
University, Itanagar

**G**od Shiva and Shiv-Ratri have always fascinated historians, researchers and intellectuals in India and abroad as the very name, form and symbol of God Shiva bear a unique similarity in the ancient relics, reliefs and writings of early religions and civilisations. Out of His thousand attributive names, 'SHIVA' stands out to be the most inspiring for its phonetic resemblance with the ancient names of God in different cultures, about His consummating cosmic character.

## SHIVA – The Name of Universal God

The ancient names of God such as 'Shiun' in Babylon 'Seva or Sevajya' in Syria, Egypt and Fiji, 'Sibru' in the land occupied by the progeny of Abraham, 'Jehova' to Moses and his followers, seem very similar to the Sanskrit word "Shiva" derived from two phonetic parts 'Shi' and 'Va' meaning 'Redeemer' and Liberator of sins which applies

to Almighty alone. "Shiva" (literally) also means the "Benevolent" or the "benign" or a "divine dot". The characteristics which 'Shiva' conveys clearly correspond to His form, attributes and actions as minutest of the minute, subtle seed of creation, bestower of sustenance and succour; the Universal Benefactor.

## SHIVALINGAM – The Symbolic Representation of Incorporeal God.

Similarly, the Sanskrit suffix (to Shiva) in Shivalings, i.e., Ling or Lingam means sign or symbol when subdivided into two phonetic constituents i.e. 'Lin' or 'Laya' and 'ga', 'gam' or 'agaman' respectively refer to process of destruction and recreation. Thus the etymological composition and connotation of the triple lettered word 'GOD' means His divine acts: G – Generation, O – Operation and D – Destruction, which perfectly coincides with that of 'ShivaLinga' or 'Shiva'.

Moreover, 'Shivalinga' is a symbol of worship common to almost all religions of the world. For example, the Jews used to

worship 'Bailfegc' in the form of 'Shivalinga' called 'Balesware' in India. Abraham, whom Jews, Christians and Muslims regard as God's messenger built Kaba in Mecca, where he installed an oval shaped black stone (similar to Shivalinga) called "Sang-e-Aswad" (Liberator), as Shiva is known as Mukteswar (Liberator).

Sir William Jones depicts that Absolute God or Supreme Soul is venerated in Egypt in the name of 'Osiris' and 'Ishis', a modified form of God's name in Sanskrit 'Ishwara' and 'Ish'. A stone bull is also kept before Linga 'Osiris' as Nandi before Shivalings.

'ShivaLinga' form claimed by Vatican authority to be of Italian origin of Etruscan's heritage. Images of Shivalinga are also kept in Churches in Italy.

Shivlinga is described as 'Jyotirlingam' (Jyoti and Lingam); Moses had a divine vision of flame-like Image of God and he is considered by Jews, Christians and Mohammedans to be a messenger of God; Jesus Christ has referred to God as light and the Christian practice of burning the 'Sanctuary Lamp'—the eternal light – represents the living God; there is the holy flame 'Ner Tamid', 'Eternal Light', raised above the 'Ark of law' in the Jewish Synagogue;

the image of God, as a point of light radiating His illumination is symbolised by Egyptian pyramid; the worship of Fire God is advocated by Zoroastrians (Parsees); a small oval-shaped stone called Chin-kon-Seki (Peace-giver) is worshipped by Buddhists in Japan; the light symbols associated with Egyptian, Babylonian, Druid, Norse and Donyi-Poilo faith (of Arunachal Pradesh) as Supreme God lend enough credence to the true identity of 'God' as an Incorporeal Point of Light.

Shivalings and the Shivalinga-like solid objects mentioned above, including Bailfego in Israel, Sang-e-Aswad in Mecca, Phallos in Greece, Periapus in Italy, Fassinum in France, Ekonis/Estergeries in Siam (Thailand), etc. are the symbolic prototypes of the Supreme being – a conscient Point of Light radiating oval aura-just as the candle light emerges from a point source and takes an oval form. Shivlinga is known as 'Jyotirlingam' (symbol of light) i.e. of the form of neither a male nor a female, but only of Light.

### SHIVARATRI AND ITS SIGNIFICANCE

Shiva-Ratri reminds mankind that God is not omnipresent but descends on this world-drama

stage from His Supreme Abode (Param Dham/ Seventh Heaven) to awake mankind from the grave (death of ignorance) at a time when there is utter darkness of ignorance, otherwise known as '*Qayamat Ka Samay*' period of destruction/end of time-cycle.

The human medium in whom He descends and through whose mouth He reveals the Spiritual Truths about Himself, the whole Creation and the process of communion with Him (Yoga) comes to be known as Brahma or Adi Dev, Adam or Abutani – The First Man. By means of this spiritual wisdom, He establishes a new socio-politico and socio-spiritual order called as Golden Age or Satyuga, the Age of Truth, Enlightenment and Perfection. At the fag end of this Ratri – the Dark Age/Kaliyuga, this act of the Supreme Soul began in 1936. He descended into Dada Lekhraj Kripalini, a Sindhi Jeweller in Karachi, re-named him Prajapita Brahma and imparted the spiritual wisdom to establish the Age of Perfection. So, let us all, irrespective of religious faiths, celebrate this 'SHIVA-RATRI' as 68th Anniversary of the Birth Extraordinary of our Supreme Father-Mother. Let us empower ourselves through communion (Rajyoga) with Him

and inculcate His Supreme Commands of Universal Values to establish a Value-Based Society. ●

### MY HERO

– B.K. Sis. Janack

My hero is my only true guide  
He dwells with me in the heart inside  
I have Him with me wherever I go  
And He is always there for me I know  
He picks me up when I sometimes slip and fall  
He gives me the courage again to roll the ball  
My hero will never make me go wrong  
But will give me the strength to become more strong  
He is my Friend and also my Teacher  
His teachings are filled with great treasure  
Treasures that cannot be bought  
But can fill life with positive thought  
He means everything to me  
As only He can take my boat across stormy sea  
He can take yours too  
If only you allow Him to do  
Be a trustee and do as God the Hero says  
For that is the only way from the many ways. III

# THE TIME CYCLE I

## HISTORY REPEATS?

—Virendra Bhojwani, Research Scholar, IIT, Mumbai

For the last three years, I have been a regular student of Prajapita Brahmakumaris Ishwariya Vishwa-Vidyalaya. One of the teachings of this institution is that the world-drama is cyclic, which is in disagreement with what scientists have said about creation of this world. If world history is cyclic, then it should be proved even by the Laws of Science.

Till today, Scientists and Philosophers have tried their best to discuss and put forth theories to determine the beginning/creation of the world, assuming the world to be an open-ended process (In a simple way processes may be broadly classified in two types i.e. open ended or non-repeatable and closed or repeatable). And, therefore, following scientific relevancies become very important considerations:-

Law of conservation of energy says, “Energy can neither be created nor be destroyed, it can only be converted from one form to another”. Similarly Bhagwad

Gita says, “Soul is eternal (anaadi, avinashi), i.e., it was never created, would never be destroyed but takes one body after another”. We can clearly see the similarity between the two statements. Now, if energy/soul was never created where

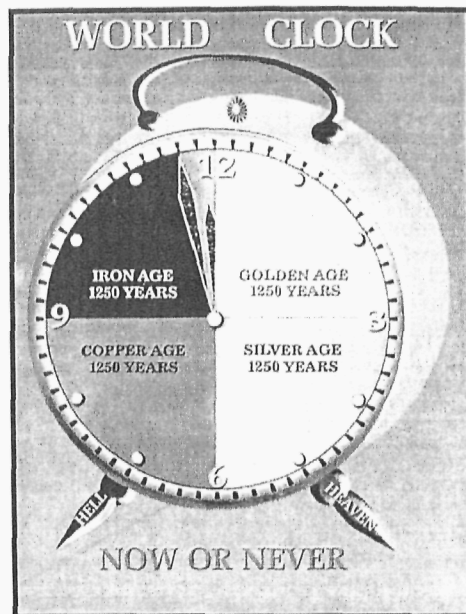
is the question of its beginning or creation? This we can imagine if the process of world with respect to time is closed (something similar to a circle) or repeatable i.e. reoccurs after a certain time interval.

Nature indicates that time is cyclic in all its processes. For example, (1) Cycle of Day and Night, (2) Cycle of seasons, and (3) Rotation of Earth around Sun is again cyclic which forms the basis of unit of time viz one year. Many such examples indicate that natural process repeats after a certain time interval. If we assume the natural process to be an open-ended process then, after day and night, there should be some other process and not day again, but nature indicates

repeatability with respect to time in its processes.

The shloka(verse) of Bhagvad Gita (“Yada-Yada Hi dharmasya...”) makes it very clear in which GOD says, “I have come to establish dharma (righteousness) in world and I will come again when there will be adharma (unrighteousness) again”. This implies, that in the present cycle, He has come to establish a righteous world and will come again when the righteous world established by Him will degrade to an unrighteous one.

Scientists/Engineers who are familiar with thermodynamics know well about the various thermodynamic cycles viz Otto cycle (used in automobiles),



Diesel cycle, Sterling cycle etc. All these cycles are repeatable and have four processes. For example, in Otto cycle, there are four processes viz.:

- 1) *Suction*, 2) *Compression*
- 3) *Expansion*, and 4) *Exhaust*

Similarly, all the Indian scriptures speak of four ages in Indian history/geography w.r.t.:

- 1) *Golden Age (Satyuga)*
- 2) *Silver Age (Tretayuga)*
- 3) *Copper Age (Dwaparyuga)*
- 4) *Iron Age (Kaliyuga)*

If we compare the two, in Suction (which is first process of cycle) fresh charge is sucked in the working space. In a similar context, in Satyuga, fresh, new and pure souls emerge on the stage of the world (period of Golden Age when India was referred to or Golden Sparrow). In the fourth and final process, i.e., exhaust, all the charge becomes contaminated and impure. On similar lines all the souls in Kaliyuga become impure and contaminated (A perfect reference of this is where certain deities are shown fair and beautiful in certain places and with black skin in other places, commonly known as "*Shyam-Sundar*"). This actually refers to the state of their soul in Satyuga and Kaliyuga.

Exhaust is always followed by suction again (in new cycle).

On similar lines **if the time is cyclic, Kaliyuga should be followed by Satyuga again**, but how? According to Law of Entropy production, entropy (i.e. disorder) has to increase with time, which is well explained in both the cycles (Otto cycle and World Cycle), i.e., Suction / Satyuga (fresh charge, perfect order) and Exhaust/Kaliyuga (Impure charge, extreme disorder).

Our question is: if the time is cyclic then how does Kaliyuga change into Satyuga? If the time is cyclic and entropy (disorder) increases with time, then **how does world cycle repeat? How does extreme disorder (Kaliyuga) change to perfect order (Satyuga)? All the scientists have failed to define satisfactorily or prove theoretically or mathematically the role of GOD in the world history.** According to Newton's Law of Motion or Law of Inertia, "*Every body remains in its state of rest or of uniform motion unless or until it is acted upon by an external force.*" We know that world moves with certain inertia from

Satyuga to Kaliyuga. If the cycle has to repeat i.e. to transform the world of disorder (Kaliyuga) to the world of perfect order (Satyuga) **(to change the inertia of the world)**, one needs an external force which is not within Kaliyuga. No force, which is in total disorder within Kaliyuga, can bring back perfect order or Satyuga. It is here that God comes in and acts as an external force to change the inertia of world. GOD cleans up all the impure souls from the world (exhaust) and allow the fresh souls (Suction) to come back on the stage of world (viz. Satyuga begins again or cycle repeats).

At the end of Kaliyuga the external force (GOD) comes in action to re-establish righteous world and so, when **we use present science and references to ancient scriptures, we can join together the pieces of history.** Whatever incidents are occurring today have occurred in the previous cycle and again will occur in the next, or more specifically "**History repeats itself**". ●

It is the soul which becomes corrupt and degenerate because of its negative and pain giving emotions and it is the soul which gets purified and elevated and experiences peace and bliss through Rajyoga. – from **Eternal Drama of Souls, Matter and God**

# OPEN FORUM QUESTIONS YOU ASK... ANSWERS WE GIVE

— B.K. Julius, Ghana



**QUESTION:** Did God create everything or not? The scripture books say differently that God created heaven and earth and everything else.

**ANSWER:** God, the Supreme Father, is remembered as the Creator, but what exactly is His creation, the scripture books do not tell us.

The scripture books do not tell us who God is. They simply do not have the introduction of God. Only God can give His own introduction. So without knowing God, human beings are not able to know His creation. It is said that by knowing God, you come to know everything.

Another title of God is the Purifier. The Supreme Father Himself says, "I am the Purifier of the impure world. I come and purify the impure world. I put right everything that has gone wrong. I make everything new. This is why I am called the Creator".

The Father says that this world is without end. It is eternal. He says, "When I come, the world already exists. I come and purify the elements

of nature. I transform human nature. This is why I am called the Creator."

Everything is predestined. Everything repeats. Time has a cyclic path and, therefore, history would repeat itself. Whatever has a beginning, would surely have an end. That which has no beginning and therefore, no end, is said to be eternal.

It is a great mistake to think that everything has a beginning. When it is time for world history to repeat itself, it would also be time for the world to be made new and perfect again in every aspect.

When the world is new and perfect, it is called heaven. So heaven has a beginning and there is an end to that period of time. Heaven is about human existence on this planet. It is the perfect world of perfect human beings. But it is subject to change and continues to change from perfection to degradation gradually. When it is time again to change from total degradation to perfection, then the world gets transformed again. Whether we call it transformation or creation,

it is the same thing.

Souls and the Supreme Soul are eternal. Nature is also eternal. Matter is eternal. There was never a time when these three did not exist. Souls exist forever. Purification of souls also takes place when the Father purifies the world; transformation of human character is included in this. Ordinary human beings become perfect human beings and are called deities, gods and goddesses. The scripture books also inspire us to become perfect even as God is perfect.

**QUESTION:** How do we prove the existence of the soul to people who do not accept the soul but then say that it is the brain which does everything?

**ANSWER:** The concept of reincarnation or rebirth would be very useful here. There are many recorded cases of young children able to recall and remember things of their past lives. Here we are talking about

cases that have been checked and verified and found to be accurate and true.

The brain was buried along with the rest of the body. So where was the memory of events of the past lives stored? Clearly, apart from the physical body, there is the non-physical part of a human being which we call the soul; all memory is with the soul. And this is why when the soul takes a rebirth, that is, born again with a totally new body and brain, it is still able to remember past experiences and past impressions.

Again, assuming that there is no soul as some people would say, then there is only the body and its organs. The body with its organs is 100% matter. But matter does not have the ability to think, to have feelings, emotions, understanding, recognition and discrimination etc. etc.

The part of me, a human being, which carries out the role of understanding, recognition, and emotion etc..., is not the physical body, but the non-physical part of me, and that is the soul.

**QUESTION:** Rajyoga teaches that the soul is immortal and eternal. But the Bible says: "The soul that sinneth shall die." So where do we go from here?

**ANSWER:** Being immortal

and eternal are two of the main characteristics of the soul. And they remain unchanged under all circumstances. The word "die" as used here has a different meaning. One interpretation of it is the punishment, and the sinner soul experiences in the future, on judgement day, as if life has been kicked out of him. One would feel as if one is dying. There is another similar saying that: "The wages of sin is death".

Death means death for the body. The soul sheds the body which is then destroyed. The soul is immortal, imperishable and eternal. It is the immortal and eternal soul which retains the memory. If the soul were to die as well as the body, there would be no recollection of past experiences of previous lives.

Souls commit sins in one birth and continue to commit sins in their next births. There is death only for the physical costume, the body but not for the soul.

**QUESTION:** I am enjoying Rajyoga meditation very much but I also enjoy devotion, going to the temple and taking part in the devotional activities. Should I stop doing devotion, or what should I do?

**ANSWER:** No, there is no need to stop your devotion right now. This is one of the personal

choices one has to make from time to time. You do not stop devotion just because somebody says to you to stop it.

It has to come from deep within your conscience. This is a matter of great importance in your life. There needs to be such a powerful realization within the self that what I am doing is the right thing for me at this time.

However, sooner or later, you will have to make an important decision of your entire life. The path of Rajyoga is the path of knowledge, that is, the path of enlightenment. To come unto the path of knowledge is to receive the fruit of devotion for many past births.

And so the path of devotion and the path of knowledge are two different paths with different attainments. It becomes the right thing to do, that is, to make a choice between the two paths so as to be able to give your full attention to the path of your choice.

**QUESTION:** If it is true that everything depends on one's *karma*, and happiness and sorrow are the results of your past actions, then, may I ask, where does God come into it? May be there is no need for God after all.

**ANSWER:** It is one thing to

know that everything depends on one's *karma* and another thing whether one is able to perform such good actions that will bring the fruit of peace and happiness that everyone is searching for today.

There was a time in human existence on this earth when there were perfect human beings who only performed righteous actions. Even though those same human souls are on this earth, they are no longer able to perform such elevated actions.

And this is in accordance with the universal law of change, which states that everything in the physical world continues to change from perfection to imperfection and from new to old. It is the role of God, at the time of need to impart His wisdom and guidance to mankind to bring us back on the right track. ●

## THE DESCENT

— B.K. Brendon,  
B.K. Colony, Abu Road

**The Shining star sinking crescent  
Under its cloak; stars sleep  
The horizon darkens at its brow  
The flame goes deep, oh! so deep.**

**As the drowsy light is laid to rest  
The crimson rays fade  
The Supreme Sun, so spiritual  
Just glides into his nest.**

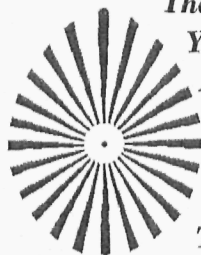
**The radiance emanated through him  
Just lights up the night  
Awakens all those in slumber  
Helps stars take-off flight**

## MY BABA SWEET BABA

— B.K. Remani, Trivandrum

*You entered my life  
just a few years ago  
Yet it seems  
As if you know me  
Better than I know myself.  
Yes, we met 5000 years ago.*

*You accepted me for what I was  
Unmindful of the wrongs, if any,  
I did  
Not for what I could be, not for  
what I should have been.  
You taught me the truth and truth  
only!*



*That none else dared to do till then  
You gave me the gem of the Third Eye  
And made me see through all the  
three — Past, Present and Future.*

*I hear your sweet Murli daily  
That fills me with strength and courage  
Makes me worthy to wear Your Master Titles  
And helps me see goodness in everything.*

*I can't ever think of thanking You  
'Cause mine is what words can't express  
But You know for certain, what's in my heart  
And I know for certain, I'm in Yours.*

# THE DISTINCT SPIRITUAL UNIVERSITY AT MOUNT ABU

Prof. B. Virupakshappa is a scholar and educationist. He retired as Director, Adult Education, Govt. of Karnataka and is presently rendering service to the society as Secretary General of the Basav Seva Samiti, Bangalore. He is also Chief Editor of "Basava Patha Kannada Monthly". An ardent student of spirituality, Prof. Virupakshappa has written sixteen books. He has been associated with several social and educational institutions. In the present article, he analyses the basic tenets of the Brahma Kumaris organisation, which he visited in September 2003, as a participant in the conference on "Media for Peace and Development". – Editor

– Prof. B. Virupakshappa,  
Bangalore

We have heard the names of Takshashila and Nalanda universities which were renowned centres of education in Ancient India. Anubhava Mantapa, the spiritual university established by Basavanna, under the presidentship of the spiritual giant Sro. Allama Prabhu gave a new direction to human culture. Recently a spiritual university has been established by Sri Saibaba at Puttapurthi, in Andhra Pradesh, which has been renowned in this direction.

*But the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya established at Mount Abu in Rajasthan is quite distinct in many respects. This is an unparalleled spiritual*

*university. In fact, this is a spirito-moral movement. A visit to the university for one or two days and observation of activities going on there shall convince anyone that it could fulfil the task of building a new India.*

It is very interesting to know how it came into existence. The way it has developed and is developing is thrilling indeed!

The founder of this movement Dada Lekhraj belonged to Hyderabad (Sindh) which is situated in Pakistan now. He was a famous diamond merchant in those days. His diamond business was flourishing. Though he was bestowed with fabulous wealth, his inclination from his very childhood was towards spirituality. He was very much interested to know the secrets

of the universe, and the real nature of inner self. He was rather more inclined towards piety and charity. These tendencies, which increased gradually day-by-day in him, culminated in 1936 at the age of sixty. This was the period when Supreme God-Father Shiva incarnated in Him and through his medium revealed the mysteries of the self and the universe. He began to receive divine messages from Him: "You should follow the path of spirituality. You should become the embodiment of virtues. You should set an example in revealing divinity hidden within. You should train the new generation to build an era of truth by spreading spirituality and practising it yourself first". He soon realised that this voice was coming from none other

than *Parabrahma* Shiva, the Creator of the Universe.

He determined to fulfil the divine command of God and donated his entire property worth crores of rupees for this purpose, forming a trust. Jagadamba Saraswati was made the President of this trust. To begin with, it functioned as a family trust which later was converted into a public one, with the sole objective of imparting spiritual education. Dada Lekhraj, of course, was a central figure of all the activities of the trust. As Dada Lekhraj started this noble task, he was renamed Prajapita Brahma by incorporeal God Shiva. The role of women who were reborn spiritually, was quite outstanding in building this institution, as compared to men. They came to be known as Prajapita Brahma Kumaris and this university became famous as Prajapita Brahma Kumaris Ishwariya Vishwa-Vidyalaya. Thus, this spiritual university came into existence in 1937. In 1950, the institution shifted to Mount Abu, in India, and began to function in full swing to fulfil its noble objective of imparting spiritual education.

The institution faced financial problems to start with. However, this problem was solved by voluntary

contributions made by many people in terms of money and property.

This is not an institution founded for propagation of the tenets of any particular religion. Though it accepts incorporeal Shiva as Parabrahma, it does not follow Shava tradition. Ashtavaranas such as guru, lings, jangama, padodaka, prasada, vibhuti, rudrakshi have no place here. No *mantra* is chanted here. Rajyoga is its life breath. Meditation is the only method it follows for imparting spiritual education. Main feature of Rajyoga is to merge mind in Shiva through meditation and acquire powers and virtues from Him.

### SHARANAS' VIEW ON RAJYOGA

However, not using any symbol for this, Shivayoga is also the Rajyoga except Ishtalinga is used here for concentration, as it may be difficult for common man to concentrate his mind without any object. Swatantra Siddhlingeshwara describes this process in the following vachana (saying):

*Mind is like a moving air  
Which is twisted into strong  
rope  
By fixing it to an object  
through meditation*

*Then mind loses its fickleness  
and stands in formless  
When meditation becomes  
intense*

*The form merges into formless  
And the mind loses its entity  
in parabrahman*

This is Rajayoga, O Nijaguna Swatantra Siddhalingeshwara.

The object here is Ishtalinga which has a form. Mind is concentrated on it and made to lose its capricious nature and finally is made to lose its identity in the formless parabrahman. This is a special temple of Rajyoga known as Shivayoga. This is Sharanas' view regarding Rajyoga.

### RAJYOGA AS TAUGHT BY BRAHMA KUMARIS

Though Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya does not use any such symbol for meditation, they have in mind the point of light which represents God or *parabrahman*. This symbol also serves as the seal of the university. They fix a red light model of such a symbol, in their meditation hall and meditate.

Though they do not follow any traditional religion, they have their own metaphysics. Upanishads declare that "Sarvam Khalvidam Brahma" meaning everything in the Universe is Brahma. Basavanna

has said "Wherever I cast my eyes I see Thou only my Lord. You are the form of the unbounded space, O Lord". These words indicate that God is all pervading. According to Prajapita Brahma Kumaris, God resides only in Paramdham or Parlok i.e. Soul World.

Though Shaivas believe that God lives in Kailasa and according to Vaishnavas His abode is Vaikuntha, yet they agree that He is manifest in every particle of the universe. Prajapita Brahma Kumaris do not accept this view. Of course, they believe that God resides in Param Dham and souls descend from Soul World or Param Dham and are born as human beings and return in the same principle. Thus the drama of cycle of birth and death continues endlessly.

Shiva according to Prajapita Brahma Kumaris does not reside in Kailasha. He is Incorporeal Shiva. He is the Lord of this World. They believe that gods such as Brahma, Vishnu and Shankar etc. live in Subtle Lokas. Allama Prabhu also stated that Parashiva is the only ultimate reality.

Sri Lakshmi and Sri Narayana are divine persons who attained godhood by spiritual practice, as believed by

Brahma Kumaris. With this metaphysical background, Brahma Kumaris have formulated their patterns of spiritual education.

### SOUL AND GOD CONVERSE IN MEDITATION

Their's is not mere Rajyoga but natural Rajayoga or Sahaj Rajayoga. They do not prescribe either *asanas* or *Pranayama* for yogic practice. Dhyana (meditation) aspect of Patanjali yoga is their main concern. They say that when in meditation, mind travels beyond the earth, moon, sun and stars; reaches Paramdham and is absorbed momentarily in Shiva. Then, it starts its return journey, descends down the stars, sun, moon and earth and assumes its former position. They believe that soul and God converse when in meditation. Whatever it is, soul experiences the supreme peace, frees itself from passions, excitement and agonies—this is their firm

conviction.

Patanjali yoga preaches the practice of Yama, Niyama and Pratyahara. They are certain moral codes of conduct. It is said that they are meant for purification of mind. Brahmakumaris institution attaches much importance to such values which in the words of Basavanna, are as follows:

*Steal not, kill not, speak not lie*

*Be not angry, hate not others  
Praise not yourself, criticise not others.*

*This is an inward purity*

*This is an outward purity.*

*This is the way to please our  
Kudala Sangama Lord.*

The mind which gets purified by the practice of such moral values can achieve spiritual perfection through meditation.

**(to be continued)**



# NATURE, SCIENCE and GOD

— B.K. Bibhaya, Angul, Orissa

The known History of the world is divided into three important periods: The Ancient Age (5th century B.C. to 5th century A.D.), the Medieval Age (5th century A.D. to 15th century A.D.) and the Modern Age (15th century onwards). Medieval period was the “dark age” as society was ruled by many evil forces such as superstitions, religious fundamentalism, bigotry and indoctrination, witchcraft etc. and people had no freedom of thought, speech and action. The answer to every question and puzzle was derived from scriptures which were based upon supernaturalism.

But the castle of darkness ultimately collapsed due to Renaissance: geographical discoveries, religious reformations, and scientific developments. The real quest for knowledge began as the snow of ignorance melted down. Hence the period of Renaissance, and specifically the eighteen-century, is regarded as the dawn of Modern Age and is considered

to be the grave of one epoch and the cradle of another.

Due to freedom of thought and speech, tremendous exploration of knowledge took place. The word ‘science’ has its origin in Latin; ‘Scintia’ which means “to know”. Pioneer scientists, social and religious reformers, philosophers put forth their fearless and sacrilegious views. Copernicus (1473-1543 A.D.) wrote a book titled “On the revolution of the Celestial Bodies”, which created havoc in the priest community as people then believed that the earth was static and flat. It is in the centre of the Universe, that is specifically the city of holy Vatican (Rome) and the sun, moon, planets and stars revolve round the earth! But Copernicus’s theory was a strong blow to this baseless idea. Consequently, and later Galileo (1564-1642 A.D.) faced many troubles, criticisms and even trials. But today, their worthy views are unchallenged theories, as truth is stranger than fiction.

Before the development of medical sciences, people were dying at large due to epidemics

like plague, smallpox, cholera etc. Edward Jenner (1798) was the first person to make the smallpox vaccine. This courageous attempt saved many lives. Later on Louis Pasteur, Robert Koch diligently established another important branch of Biology-Microbiology—where it became clear that disease was caused by germs (virus, bacteria, protozoa, fungus etc.) and not due to curse and outrage of God. Thus the germ theory was established. Somebody has rightly said, “Lies run in sprint and truth in marathon.”

Gradually, rationalism and naturalism appeared and replaced the old views. But with the progress of science, another problem was raised in society. The “faith” upon God started to decline. Spiritualism was exiled. Erosion of moral values from the public life became the great matter of concern. Darwin’s (1859) “Origin of Species” added fuel to such confusion. A new concept called “Atheism” developed saying, “God has no role in the day-to-day affairs of human life!” Scientists and doctors were regarded as next to God. Materialism, the eldest child of science, ruled everywhere.

## GOD IS NOT NATURE

Initially, there was a single view about God but this diluted

later on. A long-run debate on who God is, began between the corporeal (*sakar*) and incorporeal (*nirakar*) forms. As the six blind men described the elephant according to their own observations, similarly multiple forms of God were created and worshipped from time to time. Priests and Pundits could not demarcate a clear line between God and nature. In many places, God was eulogized without knowing His real attributes. Laymen were helpless because they had to simply believe preachings of the higher class. With the development of science, the truth regarding nature and natural forces was discovered and realized. As a result, people's faith upon God diminished.

People remember God in their troubles, for attaining the above virtues. As God is the Ocean of Love, Purity and Bliss, then how can God Himself be the 'nature'? In reality both souls and God are metaphysical entities as they are beyond the five senses and the concept of the sixth sense.

### **GOD'S NATURE**

"But I worship God as truth only. I have not yet found Him, but I am seeking after Him. I am prepared to sacrifice the thing dearest to me in pursuit of

this quest. Even if the sacrifice demands my very life. I hope I may be prepared to give it". This was written by M.K. Gandhi on 26th November 1925, while writing the introduction in his autobiography "My Experiments with Truth".

Not only Gandhi, but also many modern and advanced thinkers and even scientists, believed in God, though the debate on His existence is yet to be concluded. The world's major religious scriptures also focus on the bodiless, non-material or metaphysical form of God.

Whether the people of science admit the existence of God or not, His attributes and nature can never be overshadowed. Science has its own limitations, but Spiritualism is a vast subject which includes all three forms of manifestations, i.e., physical, biological and psychological. The feelings of love, mercy etc. cannot be detected by physical devices such as computers. God is the ocean of all the virtues. God is not nature. God can only be realized through the process of meditation or prayer, where union takes place through process of thoughts (*Sankalp*). Tune your radio (mind) at right frequency and experience Him with ecstasy. This is the only means to realize and understand

God.

### **SPIRITUALISM BEGINS WITH FAITH**

Science starts with reasons and experiments; in contrast, spirituality begins with faith or belief. Once the great French revolutionist Rousseau said "Science is destructive because it kills faith, reason is bad because it puts forth against religious institutions, and intelligence is dangerous because it keeps barricades to respect others". Both science and spirituality should work together for humanity. Einstein has rightly remarked, "**Science is blind without spiritualism and spiritualism is lame without science**".

There is a story in Hindu mythology about a quarrel between Ganesh and Kartika regarding individual supremacy. God Shiva, the father of both, puts forward an interesting test: Who will circle around the entire universe first? As Ganesh was genius, he simply circled around his father and mother. Ganesh can be compared with spiritualism and Kartika with Science. The time is crucial when both science and spirituality will blend and acknowledge the existence of Soul and God to work for the common goal of a new, pure world. Let's wait and welcome the good beginnings. ●

# NATURE, SCIENCE and GOD

— B.K. Bibhaya, Angul, Orissa

The known History of the world is divided into three important periods: The Ancient Age (5th century B.C. to 5th century A.D.), the Medieval Age (5th century A.D. to 15th century A.D.) and the Modern Age (15th century onwards). Medieval period was the “dark age” as society was ruled by many evil forces such as superstitions, religious fundamentalism, bigotry and indoctrination, witchcraft etc. and people had no freedom of thought, speech and action. The answer to every question and puzzle was derived from scriptures which were based upon supernaturalism.

But the castle of darkness ultimately collapsed due to Renaissance: geographical discoveries, religious reformations, and scientific developments. The real quest for knowledge began as the snow of ignorance melted down. Hence the period of Renaissance, and specifically the eighteen-century, is regarded as the dawn of Modern Age and is considered

to be the grave of one epoch and the cradle of another.

Due to freedom of thought and speech, tremendous exploration of knowledge took place. The word ‘science’ has its origin in Latin; ‘Scintia’ which means “to know”. Pioneer scientists, social and religious reformers, philosophers put forth their fearless and sacrilegious views. Copernicus (1473-1543 A.D.) wrote a book titled “On the revolution of the Celestial Bodies”, which created havoc in the priest community as people then believed that the earth was static and flat. It is in the centre of the Universe, that is specifically the city of holy Vatican (Rome) and the sun, moon, planets and stars revolve round the earth! But Copernicus’s theory was a strong blow to this baseless idea. Consequently, and later Galileo (1564-1642 A.D.) faced many troubles, criticisms and even trials. But today, their worthy views are unchallenged theories, as truth is stranger than fiction.

Before the development of medical sciences, people were dying at large due to epidemics

like plague, smallpox, cholera etc. Edward Jenner (1798) was the first person to make the smallpox vaccine. This courageous attempt saved many lives. Later on Louis Pasteur, Robert Koch diligently established another important branch of Biology-Microbiology—where it became clear that disease was caused by germs (virus, bacteria, protozoa, fungus etc.) and not due to curse and outrage of God. Thus the germ theory was established. Somebody has rightly said, “Lies run in sprint and truth in marathon.”

Gradually, rationalism and naturalism appeared and replaced the old views. But with the progress of science, another problem was raised in society. The “faith” upon God started to decline. Spiritualism was exiled. Erosion of moral values from the public life became the great matter of concern. Darwin’s (1859) “Origin of Species” added fuel to such confusion. A new concept called “Atheism” developed saying, “God has no role in the day-to-day affairs of human life!” Scientists and doctors were regarded as next to God. Materialism, the eldest child of science, ruled everywhere.

## **GOD IS NOT NATURE**

Initially, there was a single view about God but this diluted

later on. A long-run debate on who God is, began between the corporeal (*sakar*) and incorporeal (*nirakar*) forms. As the six blind men described the elephant according to their own observations, similarly multiple forms of God were created and worshipped from time to time. Priests and Pundits could not demarcate a clear line between God and nature. In many places, God was eulogized without knowing His real attributes. Laymen were helpless because they had to simply believe preachings of the higher class. With the development of science, the truth regarding nature and natural forces was discovered and realized. As a result, people's faith upon God diminished.

People remember God in their troubles, for attaining the above virtues. As God is the Ocean of Love, Purity and Bliss, then how can God Himself be the 'nature'? In reality both souls and God are metaphysical entities as they are beyond the five senses and the concept of the sixth sense.

### GOD'S NATURE

"But I worship God as truth only. I have not yet found Him, but I am seeking after Him. I am prepared to sacrifice the thing dearest to me in pursuit of

this quest. Even if the sacrifice demands my very life. I hope I may be prepared to give it". This was written by M.K. Gandhi on 26th November 1925, while writing the introduction in his autobiography "My Experiments with Truth".

Not only Gandhi, but also many modern and advanced thinkers and even scientists, believed in God, though the debate on His existence is yet to be concluded. The world's major religious scriptures also focus on the bodiless, non-material or metaphysical form of God.

Whether the people of science admit the existence of God or not, His attributes and nature can never be overshadowed. Science has its own limitations, but Spiritualism is a vast subject which includes all three forms of manifestations, i.e., physical, biological and psychological. The feelings of love, mercy etc. cannot be detected by physical devices such as computers. God is the ocean of all the virtues. God is not nature. God can only be realized through the process of meditation or prayer, where union takes place through process of thoughts (*Sankalp*). Tune your radio (mind) at right frequency and experience Him with ecstasy. This is the only means to realize and understand

God.

### SPIRITUALISM BEGINS WITH FAITH

Science starts with reasons and experiments; in contrast, spirituality begins with faith or belief. Once the great French revolutionist Rousseau said "Science is destructive because it kills faith, reason is bad because it puts forth against religious institutions, and intelligence is dangerous because it keeps barricades to respect others". Both science and spirituality should work together for humanity. Einstein has rightly remarked, "**Science is blind without spiritualism and spiritualism is lame without science**".

There is a story in Hindu mythology about a quarrel between Ganesh and Kartika regarding individual supremacy. God Shiva, the father of both, puts forward an interesting test: Who will circle around the entire universe first? As Ganesh was genius, he simply circled around his father and mother. Ganesh can be compared with spiritualism and Kartika with Science. The time is crucial when both science and spirituality will blend and acknowledge the existence of Soul and God to work for the common goal of a new, pure world. Let's wait and welcome the good beginnings. ●

# LOVE – THE MOST PRECIOUS GIFT

– Reshma V. Pawar,  
Dahisar, Mumbai

“**S**hiv Jayanti”, is the birthday of Lord Shiva who has gifted us this beautiful life filled with so much of love and affection. Love is a natural gift, which has an important role in our life. It decorates and adds fragrance to our lives, as we know the fundamental qualities of a good soul are love, peace, happiness, knowledge, light etc. Love is the most beautiful emotion of joy as it bridges gaps and brings closeness in relations. If we learn to love ourselves, nurture our mind and body with pure thoughts, the peak of success will not be far away. Love gives satisfaction, which leads to true happiness and peace; it adds a glow to the face and makes it shine like a star in the sky. Life is a long, long race, but when we have friends who love to run along with us, the length of life’s journey shortens. Life without any loving people around is like a lamp without flame, so always keep the flame of love burning; never let

it die out for it gives internal happiness that cannot be bought. Love costs nothing but a sweet smile, twinkle in the eyes, and a tender, soft touch of care. Just as without blood a body cannot survive, in the same way love adds life to the soul. Loving people are always in the lime light, as they win hearts of thousands of people around. A woman is said to be an image of love since as a mother, sister, wife and daughter, she can build and mould a nation’s destiny. She is the embodiment of love and compassion; with her love and caring nature, she can be the greatest inspiration to man’s onward march. But, while speaking on love I remember my Incorporeal Father, the Supreme Soul, Lord Shiva, the Ocean of Love.

In today’s fast moving,

competitive world, each one is trying to create his own individuality and identity. Every one wants to be successful. Name, fame is all that each one is craving for. All are working hard to experience happiness and joy in life, but true living is the art of being happy in any condition and situation. The basic aim of life is to enjoy life happily and the way to do it is with love. If you love others honestly, you in turn will get love. ‘HURRY and WORRY’ have spoiled the life of man who is daily moving away from his originality. Feelings of insecurity and nervousness develop due to which they lose all hope in life, as they are not able to see the



truth of life. Don't worry about tomorrow, just be good today for God is just beside you to lead you on your right way. It is up to us how firmly we hold onto His hand. Always remember that we are His children and He is always there to guide us and show us the right path.

Shiv-Jayanti is Lord Shiva's birthday. He has given us all so much that we cannot express it in words. His blessings, His care and love for us, His guidance, and true advice is all we cherish. He is the Supreme Soul, Father of all 'souls'. It is a natural human tendency to keep on asking God for physical things and Lord Shiva, the Supreme Soul keeps on giving without any complaint, as we are His children. On this auspicious day, Lord Shiva's birthday 'Mahashivaratri' – why not give Him something in return for all the precious loving things that he has given us till today. 'True Love is the precious gift that any father would like from his children. So let us, all where ever we are, join hands and wish Lord Shiva on His birthday and give Him from the heart, love and thank Him for all that He has given us. ●

## CONSCIENCE: THE GREATEST GUIDE

—B.K. Sis. Muskaan Kapoor,  
Ludhiana

**T**here are times in our lives when two opposite viewpoints, two strategies, poles apart, stand apart in contradiction to each other, grilling our minds and leaving us with no capacity to further think over the validity of one. One could be a duty, like obligation imposed upon us by social norms to which we have to fit in, regardless of how many adjustments, alterations or compromises we make internally. And what stands beyond it? A thought that we have nurtured all our lives, a dream we wanted to fulfil since we started valuing the meaning of our own existence, a hope on the wings of which our mind flew to touch the rainbow of our nurtured desire. We stand there at the roundabout wondering if the meaning of grand words like success, perfection, achievement is measured by the barometer of convention or by the satisfaction of our souls.

*But when the turmoil engulfs your solitary mind, remember that the territory to which you would be at maximum exposed to throughout your life, is of your own psyche. A relational bondage, an instance of a compelling custom or like circumstances will be comparatively short-lived and less significant. Chalk out your priorities and let your conscience top the list. If you personally believe in something to the core, follow it without considering if anybody else dared to move forward on that path. Remember that you have the right to walk on the road untrodden. Remind yourself of the fact constantly that the humans whom we term as great in our history books had the power to mould the world according to their individual faith. You, being His child too, have been gifted with charged virtues that shall stand by your will to lead you through your voyage. ●*

# A FRIEND INDEED

— B.K. Naveen, Bhubaneswar

Man, a social being, always lives in a group — a community or society. Generally, only saints and insane people live alone. Man fosters different relations with others. Relations develop in every sphere of life — at home, neighbourhood, village and workplace. Relationships change with change of time/age. Old relations wither and new relations develop, but there is one relation that lasts life-long, i.e., friendship. Friendship encompasses almost all human relations. In friendship, there is no distinction, discrimination, distortion or pretension. This relation is clean and clear. There is no barrier of country, caste, religion, post, position or age. A friend is always a friend. Views tally, visions synchronize and versions agree. They love and trust each other. It is only before a friend that one can open his heart and soul. Friend means a real friend, not an opportunist or a fair weather friend.

In the epic Mahabharata, the characters of Sri Krishna and

Sudama depict real friendship. Both were childhood friends, play-mates, and ashram inmates. One became the emperor and the other remained a pauper, but both heartily loved and respected each other.

I am multimillion times lucky (*Padmapadam Bhagyashali*) that I have a most kind-hearted friend who is above all physical bondages and is sincere, selfless, faithful, sacred and sacrificing. He is the incorporeal, omniscient, omnipotent, World Almighty Authority, Liberator and Guide. One may or may not be conscious of His precious company, but He always accompanies his faithful friends. You remember Him or not, but He keeps an eye on you. He has mercy for many of His children who do not correctly know Him. He leads you from sorrow to happiness, darkness to light, hell to heaven and bestows on you true peace and happiness. Take Him into confidence and speak out your sufferings and secrets. Burden on your mind will be alleviated. Rest assured, He will never divulge them. He will transform your life with His valuable versions. Your life will

become very precious and pure.

On 25th October 2003, we celebrated the annual Diwali function at our B.K. centre. Torrential rains forced us to prepare Brahma Bhojan in the nearby Kalyan Mandap. As it was off-season, no ceremonies had taken place and the compound was unutilised. Incessant rains caused growth of algae and the path was slippery. I walked carefully to reach the dining hall but slipped. I ought to have fallen on the hard ground, but my vigilant Friend-God (*Khuda Dost*) was with me. I instantly felt His help. My body bent to the left and my left palm and elbow touched the ground. My legs further slipped and stretched and I fell on my back. I was unable to get up but my divine brothers, standing near by, helped me to stand. All were happy to know that neither my bones were fractured nor was any injury caused to my old body. It is a miracle of my loveful, merciful, helpful Khuda Dost. Do you have a good friendship with Him? If you know His real identity and biography, you would love to be His friend. This friendship will give you great benefits. You will make a fortune not only for the present birth but also for your future life.

A friend in need is a friend indeed. ●

# VALUES WORK WONDERS

– B.K. Sis. Savitri, Mount Abu

A life guided by spiritual wisdom leads a person on the path of right judgment and disciplined emotions. Spiritual wisdom is that art and science which is not learnt in schools; it comes from one's sincere and meticulous practice of purity, goodness, virtue, serenity and above all Yoga meditation. It is the Art of Living, the Science of good actions, and Culture of Royalty and Grace. It is a divine and most precious attainment of moral strength and self-control that leads a person to higher attainments so that one has no desires for short-term temptations. The reason for any deviant behaviour of some students is that they are not properly guided on the path of Spiritual Wisdom.

## VALUE EDUCATION

The word 'Education' comes from the Greek word – Educe – which means to derive, to bring out. So, the essential aim of education is to bring out the latent qualities, the goodness and to develop the inner

potentialities. This ensures that a student can deal with adverse situations of life with positive qualities – courage, sincerity, truthfulness, innocence, love and non-violence, sympathy, co-operation, cleanliness of mind, body, heart and environment, good manners, sociability, self-control, respect for others, inner calmness, patience, enthusiasm and positive outlook, detachment, humility, fearlessness, forgiveness, contentment, respect for women, belief in the human dignity, creative mind and benevolence.

## Meaning of the Word VALUE

'Value' means the 'worth', and is related to the life of human beings.

Values lie at the heart of human behaviour. They motivate us and are the basis of our judgement. They determine how we live and in which direction we take our life. Values are what we share at every moment through our attitudes, behaviour and relationships. They are guiding principles.

There are values and virtues inherent in every human. Education reawakens and helps us inculcate values in our life.

## How does VALUE EDUCATION help?

1. *It eradicates negativism and develops a positive attitude in thoughts, words and actions.*
2. *It develops self-esteem and respect for others.*
3. *It helps us in contributing our skills and energy towards creating a better society.*
4. *It develops strength of character.*
6. *It builds a student's personality.*
7. *It teaches the art of leading successful life.*
8. *It develops moral and human values.*
9. *It transforms our behaviour.*
10. *It brings about harmony and national integration.*
11. *It improves memory and concentration power.*
12. *It encourages creativity and positivity.*

Majority of the world's population is largely influenced by material things, and is creating the culture of accumulation, possessiveness, selfishness and greed. These ultimately stifle the inherent

qualities of the human spirit, such as peace, love, and respect. By inculcating values into our lives we find that genuine and respectful communication and understanding amongst the people begin to take place.

### **LIVING VALUES : 12 CORE VALUES**

The 12 core values are - Co-operation, Freedom, Happiness, Honesty, Humility, Love, Respect, Responsibility, Simplicity, Tolerance, Unity and Peace. Group activities on each of these Values with teaching methods of Reflection, Visualisation, Creativity, Self-realisation, Artistic work, etc., are being undertaken.

#### **CO-OPERATION**

The method to give co-operation is to use the energy of the mind to create vibrations of good wishes and pure feelings for the others and for the task. Courage, consideration, caring, and sharing attitude provide a foundation on which co-operation as a process can be developed. It is possible only when there is a common goal and all members of society strive for it.

#### **FREEDOM**

Freedom implies the possibility for everyone to act and to express themselves as

they wish without any constraints of external limitations. Full freedom functions only when rights are balanced with responsibilities and choice is balanced with conscience.

#### **HAPPINESS**

Many people search for Happiness through wealth, social status, good health or perfect relationships. Yet these are limited and temporary sources for happiness. The inability to hold onto pure and lasting happiness results from the absence of spiritual values and Power. Happiness is the natural inheritance, which could be attained when our actions, attitudes, and attributes are pure and selfless.

#### **HONESTY**

Honesty is when the inner self is in harmony with the truth. It is seeing everything as it is and not adding or subtracting from the whole. Honesty means there are no contradictions or discrepancies in thoughts, words or actions.

#### **HUMILITY**

Humility is the ability to listen and accept others. It enables one to become dependable, flexible, and adaptable. When one is humble, everyone 'bows down' to them, since everyone bows to those who themselves bow first.

#### **LOVE**

Love is a consciousness, which is simultaneously selfless and self-fulfilling. It flows from the truth, that is, wisdom. When love is combined with faith, it creates a strong foundation for initiative and action. Love is the catalyst for change.

#### **RESPECT**

To know one's own worth and to honour the worth of others is the true way to earn respect. Respect is an acknowledgement of the inherent worth and innate rights of both the individual and the collective.

#### **RESPONSIBILITY**

A responsible person fulfills the assigned duty by staying true to the aim. Duties are carried out with integrity and a sense of purpose. Responsibility is not a burden but an expression of care, which starts from the self. Responsibility towards the self creates a natural sense of responsibility of all facets of life.

#### **SIMPLICITY**

Simplicity combines sweetness and wisdom in a sincere and natural way. In simplicity, one is free from strenuous thinking and complications. Simplicity is the conscience which calls upon people to rethink their Values.

#### **TOLERANCE**

Tolerance is peaceful co-

existence. Tolerance is inner strength, which enables the individual to face and to transform misunderstandings and difficulties. While tolerance recognizes individuality and diversity, it removes masks and tension created by ignorance. The seed of tolerance is love, and love makes anything easier to tolerate.

### UNITY

Unity is harmony within and among individuals in the group. Unity is sustained by concentrating energy and focusing thoughts, by accepting and appreciating the value of the rich array of participants and the unique contribution each can make, and by remaining loyal not only to one another but also to the task.

### PEACE

Peace is an inner state, as well as an outer experience. Peace consists of pure thoughts, pure feelings, and pure vibrations. When the energy of thought, word, and action is balanced, stable, and free from any type of violence, the individual is at peace with the self, in relationships, and with the world.

To imbibe these Values, the practice of Rajyoga Meditation i.e. Connection and Relation with the Supreme Soul, is greatly beneficial.

## I HAVE A DREAM

— B.K.KIMMI SINGLA, NEW DELHI

I have climbed aboard a rocket,  
I am going beyond this planet  
Clouds start to dissipate  
Gravity starts to vanish  
All is clear, calm and silent,  
The Sun of knowledge shines  
before me incessant.  
Floating free in the space of love,  
I approach closer to the one called God  
Ah! What a dream!  
Yea, I have a dream?  
I have a dream,  
To be like the One who is Supreme  
I dream of a life without sin,  
Where everybody is kith and kin  
Where peace abounds in one and all  
Love is the religion in every heart  
I dream of His abode,  
Where there is a uniform code  
I dream of being in His companionship  
To tide over this period of hardship  
I have a dream  
to conquer the evil and overcome my vices  
To destroy anger, greed, lust, and malice  
And although, people ask  
Who is He? How does He look?  
Or does He even exist?  
These questions in their mind persist  
Yet I know one thing for sure!  
He is a power beyond all measure

He is Almighty and full of treasure  
And I can feel His presence  
Whenever I sit in His loving remembrance  
They quote "He is life's light"  
To me He is might  
Who takes pity on people's plight,  
Giving them a new sight.  
Today, when everyone is sleeping in the dark night of ignorance  
When everyone is sleeping in the painful web of vice  
When passion of Satan has made us drunk with pride  
Tired of wandering through this sufferance  
Weary of the wheel of rife  
I beseech Him to give me a new life,  
Then a light like an arrow pierced my brain  
Calm and quiet I became  
All my troubles, all my worries, sorrows died away  
Swinging in eternal joy,  
I began to sway  
In the ocean of happiness and gay  
Purity seemed to be showered by His Divinity  
The atmosphere filled with powers of Infinity  
I felt drowned in the ocean of love, courage, bliss and serenity  
I thank God for blessing me with self- sovereignty  
Ah! What a dream!  
I have a dream?  
I have a dream,  
To behave like the One who is Supreme.

## ETERNAL WORLD DRAMA—

### Eternal Interplay of Physical and Metaphysical Energies –III

Contd... from Jan. 2004

■ B.K. Nityanand, Abu Road

---

*This creation is an eternal world drama in which the physical energy of living and non-living matter interacts eternally with the metaphysical energy of souls and the Supreme Soul. Human being (Jeevatma) is a combination of body (jeev) and the soul (atma), the sentient metaphysical energy which is the master of the insentient body. The things that we hear, smell, taste or feel through touch, and the body itself are formed of atoms, the point sources of physical energy. Different energy levels and vibrations between neighbouring atoms give the appearance of form, colour, sound, heat etc. The structure of the atom, its ability to unite with other atoms to form molecules, elements and compounds were discussed; different kinds of physical energies trapped in living and non-living matter, structure and organisation of living matter, the eternal cycle of biological energy or life-force also we have discussed so far.*

**L**et us now examine how the insentient physical/biological energy within the human body is controlled by the sentient metaphysical energy of the soul. In order to appreciate the interplay of metaphysical and physical energies, we have to understand the psycho-biological aspects of the human being as well as the eternal world drama as revealed by God Shiva. Before going into these aspects, we have to understand another fact of life

that inspite of the cohesion of biological and metaphysical energies within a living body, the insentient biological energy is capable of sustaining itself, independent of the spiritual energy, if a proper biological environment is maintained.

#### THE METAPHORS AND SCIENTIFIC FACTS RELATING TO HUMAN BODY

The human body has been compared to a costume worn by the soul to perform its role in the

eternal world drama; to a space suit that protects the incorporeal soul from the physical forces of the corporeal world; to a vehicle that carries the 'master' around; to an abode where the 'master' dwells, and to a robot that performs actions at the command of the 'master'. Thus, the human body can be likened to a highly evolved multi-functional, self-empowered tool, custom-made out of insentient matter for every soul, the sentient master. As this tool is custom-made for a particular soul, it becomes junk once its master leaves it at death, denoting the end of a particular 'role' assigned to the soul, which then puts on a new costume appropriate for the next 'role' through re-birth.

We are aware that different parts of the dead body, the discarded biological tool, are being used by scientists for the purpose of repairing or servicing the living bodies. Transplantation of heart, cornea, kidney etc. are such examples. Tissue culture for the production of vaccines etc. has been a long established procedure. The process of 'cloning' to produce a new creature without the natural fusion of male and female gametes is currently very much in vogue. All these scientific procedures have been possible only because the biological

energy that sustains biological functions of growth and reproductions of living matter is independent of the metaphysical (spiritual) energy of the soul. However, the embodied soul (Dehi) can control the biological energy of the body, whilst operating the same. In order to understand this process of control, we have to examine the psychobiological aspects of the human being or Jeevatma.

#### PSYCHO-BIOLOGICAL ASPECTS OF THE HUMAN BEING

‘Psychobiology’, as per Oxford Dictionary, is the branch of science concerned with the biological basis of behaviour and mental phenomena. The biological aspects of the human being have been discussed in the preceding part. Now we shall examine the behaviour and mental phenomena for which we have to know the mind first. God Shiva, the Ocean of Knowledge, has revealed that mind, intellect and *Sanskaras* (personality traits) are the three faculties of the soul, the infinitesimal point source of metaphysical energy. Mind is the ‘emotional self’ which feels, wishes, experiences the emotions of love, hate, anger, **envy** etc. and visualises mental pictures of places, people, and situations. Mental energy is very

potent, fast and can transcend space and time easily. It is often called the ‘heart’, in order to show the depth of feelings.

*Intellect* is the ‘rational self’, which contemplates, discriminates, judges, decides and restrains the mind and physical organs, or prompts them to act.

*Sanskaras* includes not only personality traits, but contains the complete data on the ‘roles’ a soul, the ‘actor’, has to play in the ‘eternal world drama’. It is based on this information encoded in the Sanskara that the soul descends to the corporeal world from soul-world, taking birth in a particular family, society and continent. The soul, once embodied in the womb of the mother, has to complete the entire cycle of birth and re-birth enacting different roles till the end of the cycle (Kalpa), when it will return to the soul-world. It then comes back to the drama-stage at the same pre-ordained time and place and the cycle repeats identically. During each cycle, the soul inhabits different human bodies of different forms, races, cultures and countries learning lessons and gaining wisdom. In each of these births the soul performs actions thus creating karmic accounts. Fruits of these accounts (good or bad) are received in the same life-time

or in later life times.

The soul or psyche, the point source of metaphysical energy is known by its inherent, eternal attribute, the consciousness. This attribute of consciousness is not an epiphenomenon of the brain or the electromagnetic forces at work in the brain and elsewhere, nor can it be considered as a product of chemical reactions taking place at the cellular level in the brain and other parts of the body. This metaphysical energy of the sentient soul manifests as the thoughts, judgement, memory, belief, learning, outlook, attitude, habit and emotions etc. These manifestations can be attributed to the three faculties- mind, intellect and *Sanskars*. The latent thoughts from its sub-conscious mind (*Sanskara*) are continuously influencing its conscious thoughts, decisions and emotions. The dreams are also latent thoughts emerging on the vide serene of our mind during sleep when our five senses, to a large extent, are turned inwards.

The soul is believed to be located in the centre of the brain in the hypothalamus, adjacent to pituitary gland and the pineal body. The surface marking of this locus is in the centre of the forehead, in between the eyebrows. From this specific anatomic locus in the brain the

soul is able to effect all functions throughout the body as all nervous mechanisms integrate at the upper central region of the hypothalamus, which is an endocrine gland that controls the functioning of pituitary. This master endocrine gland controls all other endocrine glands.

We shall now look deeper into the mechanism by which metaphysical energy of the soul controls the physical body (biological/physical energy). Metaphysical energy manifesting as thoughts forms a quantum field which has no mass. At the micro level, it influences the related nuclei in the hypothalamus which triggers the pituitary, or sets up neuro-electrical impulses or photon-fields at the various organs and tissues. Much of the action is through the neuro-endocrine systems because only the nervous tissues are specialised for efficient transmission of electrical or electromagnetic impulses or photon-fields at the micro level. These then influence biochemical and biophysical functions in the rest of the body. However, all cells of the body appear to have consciousness because they are connected with the brain where the soul dwells. In other words, each cell of the body acquires the quality

of sentience due to its link with the metaphysical energy of the soul through the nervous and endocrine systems.

It is important to realise that although biological energy in the cells can sustain itself and multiply when provided with conducive biological environment (as explained in part-II) and the organs of heart and kidney would continue to live likewise, the whole cardiovascular system or urinary system, would not survive in the absence of the soul, the integrating factor, if isolated. Thus, life in its real sense goes beyond the biochemical and biophysical processes.

*Having delved into the intricacies of the life process, it is necessary to understand the phenomena of death. There are four types of death:*

1. Necrobiosis –the natural death of cells in the living body where the dead cells are continually replaced by new ones, it is said we replace our

stomach cells every five weeks.

2. Necrosis – the unnatural death of cells as a result of noxious agents.

3. Somatic death –the death of the whole body. In this case, even though the organ-systems cease functioning many tissues and cells continue to live up to a certain period of time. If these tissues are removed within the critical time and provided proper biological environment, they can be used for different purposes as explained in the proceeding paragraphs.

4. Brain death –the final death. When the brain becomes dead, a command centre in the brain triggers the final death. This is the final act, the soul, located at the hypothalamus performs. Then the soul departs from the body, carrying the faculties of mind, intellect and *sanskaras* of this and past lives.

*In the next part, we shall examine further intricacies in the functioning of human souls and the Supreme Soul. ●*

### **INNER BEAUTY – A BOOK OF VIRTUES**

Poetic in style, this attractive book is a celebration of thirty qualities that make a person special. These include Courage, Patience, Serenity and Contentment. Profound, yet easy to read insights on each one, enable the reader to go into the depths of his or her own experience and re-kindle the beauty inherent in the consciousness of every human being.

*The book is published by Prajapita Brahmakumaris  
Ishwariya Vishva Vidyalaya, Mount Abu.*

## RE BUILDING OUR CONSCIOUSNESS

– B.K. SHAJI, PANAJI, GOA

Modern world has encouraged us to become dependent on others' creativity and most of us have lost awareness of the self and the importance of mental concentration. The media and entertainment industries often present us with clever and calculatingly impressive ideas, and many of us sit and allow ourselves to be entertained. We can easily become slaves to imagery and wonders.

As a consequence, mind becomes dull and we struggle to speak and act good things. We fail to make wise choices. This discomfort affects us on physical, mental, and spiritual levels. Anxieties, worries, tension, fear, and anger are mental and emotional discomforts. If not resolved, they eventually lead to physical diseases. The most important relationship in life is the one we have with ourselves. If we don't know ourselves we cannot manage ourselves and therefore find it difficult to know others and manage our responsibilities, relationships, and roles. Unfortunately we are not taught to know and understand our self, but BABA

teaches us how to cultivate this relationship.

We should be more positive and relaxed with **ourselves**. Instead of blaming others and situations, we have to concentrate on **ourselves** and our responsibility to other people. Life is the period of time in which we have the opportunity to use all our physical, mental and spiritual energies in creative ways, and thereby not only create our own life, but also make a unique contribution for the welfare of others. Most of us are not aware of our values and very "few" of us consciously use our values. Conditioning, education, parental influence and culture are all sources of learned values which become our subconscious values. In the mirror of all our relationships, we can see ourselves and be reminded of our good and bad qualities, positive and negative virtues. If we consciously choose our qualities and values, carefully we can lead a good life.

There are two vital tools in the toolbox of our consciousness: Mind and Intellect. Energy of the mind is the most powerful energy in the universe. Every thing we create from the simplest of objects to complex philosophies, are formed in

human mind. Intellect is the instrument that makes choices and decisions and discriminates between the truth and illusion, right and wrong. When faced with creative opportunities in life or building of relationships, a clear intellect is essential for choosing both direction and the quality of energy we share with others. Intellect is the heart of our consciousness. Creating a new response requires personal inner effort. This takes time and we gradually experience the changes.

We have to set an aim for ourselves and become an embodiment of its achievements. Like an artist, we have to create an image of the thoughts or idea and we choose on the canvas of our mind. We can visualize our good health, good behaviour, good attitude etc. What we choose for our vision should be sustained with the right quality of energy.

Meditation is the only way to sharpen our intellect and intuitive capacity. It increases brainwork, coherence and harmony of brain waves. Activity in different parts of the brain is associated with greater creativity, improved moral reasoning and higher understanding.

When our mind is under perfect control and free from all desires and wasteful thoughts, we will become stable, powerful and have communion (yoga) with BABA. ●

## Godly Service News

Contd. from page...1

### BHUBANESHWAR

The New Year's function was celebrated with pomp and show wherein Dadi Sandeshi and B.K. Sis. Leena inspired all for leading a value-based life. Bro. Arabind Dhali, Minister, Co-operation, Commerce and Transport, Orissa was the Chief Guest. B.K. Sis. Leena alongwith a group of BKs went to Raj Bhawan and Naveen Niwas to greet H.E. M.M. Rajendran, Governor and Bro. Naveen Patnaik, Chief Minister.

The Governor visited the main B.K. Centre, OM NIWAS, along with his spouse and some officers of Raj Bhawan. All were explained about the exhibits at Om Art Gallery and were presented Godly mementos. The print media and Doordarshan covered the programme.

### BRAHMAPUR (SHANTIKUND)

The 35th Ascension Anniversary Day of Prajapita Brahma was celebrated as "Love and Peace Day" in which eminent persons of the city participated. Bro. Pranab Chakrabarty, Deputy General Manager, State Bank of India, Zonal Office, Brahmapur, who participated as Chief Guest, explained the qualities of

Prajapita Brahma. B.K. Sis. Manju was also invited as the chief guest to speak on "Spiritualism versus Materialism" in a programme organized in the memory of Hazrat Baba. Bro. Devbrat Biswas, M.P. and General Secretary, All India Forward Bloc, Bro. Narendra Dev, Minister of Co-operation, West Bengal and Bro. Bhagirathi Mishra, Advocate and District Secretary of AIFB, invited specially for this occasion, appreciated Godly knowledge and Rajyoga. B.K. Sis. Manju also addressed the gathering of Muslim Women. She also inaugurated the "Youth Day" programme arranged on the occasion of Birth Anniversary of Swami Vivekananda by Vivekananda Shiksha Kendra, in which B.K. Sis. Mala also joined as Chief Speaker.

### DELHI

#### Pandav Bhawan

A public programme was organized at Pandav Bhawan on the auspicious occasion of 35th Ascension Day of Prajapita Brahma on 18th January, which was celebrated as World Peace Day.

Around 300 people including many VIPs of the area attended the programme. The chief guest

was Bro. Mahesh Chander Sharma, President of Hindi Academy of Delhi and Ex-Vice Mayor of Delhi. The Programme started with a Video show on Adidev—The First Man.

Bro. M.P. Sharma, Wing Commander, Indian Air Force, Bro. Amitesh Sinha, Deputy Manager, National Insurance Company Limited and Bro. M.P.S. Wadhwa, Engineer, E.I.L. (Retd.) also participated in the programme. Bro. Mahesh Chander Sharma, who takes deep interest in the activities of BKs, appreciated the work done by the institution for the upliftment of the society. B.K. Sis. Pushpa, Centre In-Charge, while addressing the gathering, inspired all to lead a virtuous life. B.K. Sis. Vijay successfully conducted the programme.

### PANIPAT

Rajyogini Dadi Manohar Indira visited Panipat on 27th and 28th January 2004 for Godly Services. A special programme on "Spiritual Peace—Foundation of World Renewal" was arranged at the main B.K. Centre, Panipat in which Bro. K.S. Ahlawat, General Manager, Distt. Industries Centre, Bro. K.C. Chaudhary, Principal, I.B. College, Bro. Siya Ram Gupta and Bro. K.L. Ahuja, eminent industrialists, Bro. Baljeet Rai, Ex. Commissioner, Income Tax, Prof. R.P. Gupta, I.B. College

and Dr. O.P. Setiya participated. Dadi Manohar Indira explained the methodology for World Peace and revealed God's Plan for the renewal of the world. Dadiji also inspired all to lead a virtuous life while narrating the anecdotes of Brahma Baba. On this occasion, intense meditation programmes were held for B.K. students and Dadiji filled all with new zeal and enthusiasm.

## ABROAD

### CANADA

#### Toronto

"Kahani – the Legacy of Brahma Baba" touched the hearts of about 1 million people throughout Canada. The announcers of the National TV gave great respect and regard to the Brahma Kumaris worldwide in honouring the life of Brahma Baba, the founder of the BKWSU and human medium of Incorporeal God Shiva. The music video was so well produced that everyone wanted to air it again and again. "Kahani" is so versatile that it gives message and introduction of BKs and their achievements. BKs participated in the International Yoga Show and Conference that drew over 15,000 visitors over its three-day run, the first of its kind in Canada.

The theme of BKs booth was "Yoga: the link of Love". As

exhibitors BKs were invited to present two seminars. Over 1200 visitors participated in it.

#### Vancouver

BK Center launched the Link of Love project at the Vancouver Baha'is Center. Member of Parliament, Rob Nijjar was the chief guest. Religious leaders of many faiths and ethnic associations participated. The acclaimed singer and songwriter Edith Wallace sang her famous "Blessings Upon Blessing".

MP Rob Nijjar was so moved by the project that he took ribbons to tie all the Members of Parliament and will hold the Link of Love ceremony at their next meeting in February. The event was covered by TV and newspapers. Many of the multi-religious groups and cultural organizations are going to take the project on. There are still more events to be organized within this project.

*The Link of Love project invites people to re-affirm their friendship and regard for others by tying a decorative ribbon around one another's wrist. It offers a novel way for people to express their feelings of respect and compassion for and solidarity with all of humanity.*

*Each one of us can respond to this call with a single, sincere gesture. Families,*

*schools, associations, religious gatherings and community groups can all get involved in extending the Link of Love.*

### GENEVA

The first phase of the World Summit on the Information Society was held in Geneva in December 2003. It brought together heads of States, executive heads of United Nations agencies, members of civil society and representatives of non-governmental organizations and the eminent personalities of industry, commerce and media.

It attracted over 35,000 people from all over the world. "Images and Voices of Hope: a global dialogue on how public images and stories impact society" was convened by three partners: the Institute for Advanced Appreciative Inquiry, at Case Western Reserve University, Ohio, USA; the Brahma Kumaris World Spiritual University; and the Visions of a Better World Foundation.

Chris Drake, BKWSU representative to the UN, emphasized the need to bring spiritual knowledge and the awareness and experience of the inner self into our lives if we are to bring about an inclusive home for the human family and a culture of common values.

## **ISRAEL**

### **VISIT OF DADI JANKI**

Dadi Janki, B.K. Sis. Jayanti and B.K. Sis. Hansa were invited to participate in the Global Peace Initiative for Spiritual and Religious leaders, a continuation of meetings that were last held in Oslo in June.

Dadi met with the two Chief Rabbis of Israel as well as the Patriarch of the Greek Church, went to Ramallah and met with the President of the Palestinian Authority. There were also meetings with Muslim/Jewish scholars and interfaith women groups. Dadi's visit left a deep imprint on everyone's mind elevating and empowering them.

## **TRINIDAD AND TOBAGO**

### **PRISON SERVICE**

The Rajyoga Centre played a major role in the planning and execution of a national programme for the spiritual awakening of the country with the theme **RESTORING THE NATION THROUGH SPIRITUAL CONSCIOUSNESS** on 25th January 2004. The Project was organised by the Council of Prison Chaplains and Ministries (COPCAM). The Rajyoga Centre is a member of this body.

Interfaith services were held in six prison stations simultaneously. The Rajyoga Centre was represented in all by B.K. Sis. Hemlata and senior B.K. brothers and sisters. Several Hindu groups came together at the Dattatreya Temple for a 6- hour prayer session. Sis. Hemlata started the programme with a brief talk on meditation. This programme was broadcast live on one of the national radio stations.

## **USA**

### **San Francisco**

The Link of Love project was introduced in June 2003, during the West Coast Retreat with Dadi Gulzar, and with her blessings, it is doing a lot of service. It was presented at an interfaith conference at Asilomar, a well-known California spiritual retreat center. Around 200 people attended the conference.

The Link of Love was also presented to a group of teachers and administrators from a multi-cultural school in Jerusalem who felt that Link of Love would be very powerful in reaching the wider community. Another beneficiary was a group of Middle Eastern women who have dedicated their lives to peace- making. One Iraqi

woman took 500 ribbons for people in Iraq.

## **RUSSIA**

### **St. Petersburg**

On 2nd January 2004, Brahma Kumaris Centre in St. Petersburg organized the New Year Programme "The Moment of Transformation". The function was held at one of the most prestigious venues in the city— the concert hall of the "St. Petersburg Hotel" on the bankment of the Neva.

Many respected citizens of St. Petersburg, including singers and a film director, leading scientists and heads of social and women organisations participated in the programme. Words of welcome were shared by Mr. Alexander Rjanenkov, Deputy Chairman of the Committee for Labour and Social Protection of St. Petersburg Administration and Mr. Konstantin Pshenko, Secretary of Standing Committee of the Inter-Parliament Assembly of the CIS countries. About 1000 persons participated in the programme. The guests were explained about God Shiva, the World Tree and the World Cycle. ●

Edited and Published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and Printed at Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307 510, Abu Road (Rajasthan). Chief Editor, B.K. Nirwair, Pandav Bhawan, Mount Abu (Rajasthan) & Associate Editor, B.K. R.S. Bhatnagar, Shantivan. Ph. (02974) 228125, 228126, 228124, Email – bkatamad1@sancharnet.in, shantivan@bkindia.com



1. **Santa Cruz:** B.K. Meera and Shobha presenting Godly gift to the renowned lyricist Bro. Gulzar. 2. **Manipur:** Inaugurating a spiritual programme are IFCD's State Minister Bro. Tomba Singh, B.K. Sis. Nilima and others. 3. **Rajnandgaon:** B.K. Sis. Pushpa presenting Godly gift to the newly elected Chief Minister of Chhattisgarh, Bro. Raman Singh. 4. **Mumbai (Napean Sea Road):** Bro. Arun Gujarati, Speaker, Legislative Assembly, Maharashtra, being apprised of spiritual services by B.K. Rukmani. 5. **Delhi (Majlis Park):** Inaugurating the felicitation programme are newly elected Minister for Labour and Industry, Bro. Mangat Ram Singhal, Chairman of Swabhimani Institution, Bro. Harpal Rana, B.K. Sis. Rajkumari, B.K. Sis. Shanti and B.K. Sis. Amrita. 6. **Bhubaneshwar:** Rajyogini Dadi Sandeshi welcoming Bro. Arbind Dhali, Orissa's Minister for Communication. 7. **Dalton Gunj:** Bro. Madhu Singh Tana, Minister for Land Revenue, B.K. Sis. Nirmala, Bro. Anand Shankar, Chairman, Chamber of Commerce, inaugurating the Pictorial Exhibition "Yoga in Udyoga". 8. **Kendrapada:** Bro. Ved Prakash Agarwal, Minister for Food and Rural Upliftment of Orissa being presented Godly gift by B.K. Sis. Vanita.



1. **Kolkata:** At a Mega Spiritual Programme 'An Evening to Receive God's Blessings', seated on the dais are (L-R) Rajyogini Dadi Prakashmani, West Bengal's Governor H.E. Viren J. Shah, Rajyogini Dadi Hriday Mohini, Union Minister for Cottage Industries, Bro. Tapan Sikdar and Bro. Nirwair.  
 2. **Raipur:** Dr. Raman Singh, newly elected Chief Minister of Chhattisgarh, speaking at the welcome function organized by Brahma Kumaris at Shanti Sarovar. Seated on the dais are Bro. Rajendra Prasad Shukla, Former Speaker of the Legislative Assembly, B. K. Om Prakash, Bro. Prem Prakash Pandey, newly elected Speaker, Bro. Mahendra Karma, Leader of The Opposition and B.K. Sis. Kamla. (R)A view of the legislators listening attentively.  
 3. **Agra:** Inaugurating the spiritual Art Gallery from (R-L) are B.K. Sis. Jayanti, B.K. Sis. Vimla, B.K. Bro. Brij Mohan, Rajyogini Dadi Janki, H.E. Vishnu Kant Shastri, Governor of Uttar Pradesh, B.K. Nirwair and others. 4. **Mumbai (Sion):** Chief Minister of Maharashtra, Bro. Sushil Kumar Shinde being delivered Godly message by B.K. Sis. Vandana. 5. **Mumbai (Ghodapdev):** Padma Vibhushan Pandit Jasraj being presented Godly gift by B.K. Sis. Malati. 6. **Ahmedabad (Sukh-Shanti Bhawan):** Bro. I. K. Jadeja, Minister for Health, Gujarat, with B.K. Sis. Sarla, B.K. Nirwair, Bro. Babu Bhai, M.P. and others inaugurating the newly constructed community Health Centre, sponsored and administered by Brahmakumaris, GH RC, Mount Abu, in Lakadiya village.